

put in high mix so make 3 galls

FRENCH BREAD

3 Yeast : one package dry active yeast in $\frac{1}{3}$ cup warm water:

1 Flour : 3 $\frac{1}{2}$ cups all purpose unbleached flour.

2 Salt : 2 $\frac{1}{4}$ teaspoons of salt. (2 *ts* enough)

4 Water 1 $\frac{1}{4}$ cup tepid water

- * A) When yeast is dissolved let it stand five minutes and then put some flour into flour (don't forget to put the salt in the flour) Add 1 $\frac{1}{4}$ tepid water. Stir around in pan with spatula. then of bowl dough is soft put it on floured board and let it rest five minutes. knead it (throw the dough on the table, pick it up, throw it again Do it at least five minutes and let the dough rest one minute then start all over again. (the dough is a bit sticky).*

Put that dough into a bowl. cover it with a cheese cloth or a towel so it will not crust over. The dough has to rise SLOWLY three times its original bulk. (about 3 hours)

- B) When dough has risen, scoop it out of bowl on floured board. Pat it out, flip one side, then the other, then put dough side down into a clean bowl. Cover. *it has to rise again almost as high as the first time (1 $\frac{1}{2}$ hour)*

- C) After that second rise, put dough on board and cut it into three pieces. *(2 hours)*

Let rest about five minutes; then form three loaves

Take each piece of dough : a/ Deflate it; pat it out;

- b/ Flatten it again and make a little trench in the middle of it; fold it again and seal it. Roll it.

Your loaf is ready... Put some corn flour on a cooky sheet and put your loaves on it. Slash top of loaves with sharp knife or razor blade.

Let them rise (they should triple) *(about 2 hours)*

- D) Preheat oven 450°. Put a pan with water at the bottom of your oven

Cook bread 20 to 30 minutes 425°
20 to 30 minutes 350°

Put sheet in the middle of the oven. Once the bread is cooked turn oven off and let bread five minutes longer in oven.

BON APPETIT !

** 2 in water, replace 1 c. of unbleached flour with whole wheat flour. (To make more fiber.)*

Coquilles Saint Jacques
(Scallops and Mushrooms in a white wine cream sauce)

I. Cooking the scallops:

1 cup dry white wine
½ tsp. salt
Pinch of pepper
½ bay leaf
2 TB minced green onions

Simmer the wine and flavorings for 5 min.

1 lb washed bay scallops
½ lb. sliced fresh mushrooms

Add the scallops and mushrooms to the wine and pour in enough water to barely cover ingredients. Bring to the simmer; cover and simmer slowly for 5 minutes. Remove scallops and mushrooms with slotted spoon and place in a bowl. Rapidly boil down the cooking liquid until it has reduced to one cup (and not more; if not, sauce is too thin.)

The Sauce

3 TB butter

4 TB flour
¼ cup milk
2 egg yolks
½ cup whipping cream
salt and pepper
drops lemon juice

Cook butter and flour together for two minutes. Off heat, blend in the boiling cooking liquid, then the milk. Boil one minute. Blend the egg yolks and cream in a bowl, then beat the hot sauce into them by driblets. Return the sauce to the pan and boil, stirring, for one minute. Thin out with more cream if necessary. Season to taste with salt, pepper and Lemon juice.

Blend 2/3 of sauce with scallops and mushrooms. Butter the dish. Spoon the scallops and mushrooms into dish, then cover with the rest of the sauce. Sprinkle with grated Swiss cheese and dot with butter. Set aside or refrigerate until ready to gratinee.

Fifteen minutes before serving, set the scallops 8 to 9 inches under a moderately hot broiler to heat through gradually and to brown the top of the sauce.

Soupe Verte

(Soupe au piston)

6 cups boiling water
1 tsp. salt
2 cups lima beans
1 cup peas

} purée

add: 3 cups grated
zucchini and
1½ cups sautéed onions.

Simmer.

Add piston = 1 clove garlic
Salt pork in purée
1 Tb. dry basil
parsley
olive oil
⅓ cup. grated
cheese.

Polente à la sauce tomate

yellow corn meal / tomato sauce / sausage / + mushrooms (optional)

1 cup cold water + $1\frac{1}{2}$ cup corn meal
Stir in 3 cups boiling water
1 tsp salt

cook about 20 minutes - let it cool -

Sautéed Sweet Italian sausage to get rid
of fat - Discard it -
then put one can of Stewed tomatoes

Drop spoonful of polenta at bottom
of baking dish - then layer of
tomato & sausage - then grated cheese
Continue with another layer of Polenta
tomato, cheese etc.

This is warmed up in a 350°
around 20 minutes
